



## General Recommendations

**Fruit:** Eat frozen or only thaw slightly. Use frozen directly in recipes. Reduce the amount of liquids added to recipes if the recipe calls for fresh fruit. Great in milkshakes and smoothies. Use as topping for ice cream. Mix into yogurt. Use in muffins, pies and cobblers.

**Vegetables:** Add when frozen to recipes – typically no need to thaw (except just enough to loosen from package.) One big exception to the no-thaw rule - corn on the cob should be thawed before cooking. Most of the vegetables have been blanched, so they need some cooking time, but not too much. General rule of thumb – cook frozen vegetables  $\frac{1}{2}$  as long as you would cook fresh, reduce amount of added liquid or increase amount of thickening ingredients. Use vegetables directly from frozen in stir fry, casseroles, soups, into the oven for roasting. Frozen tomatoes should be cooked; not used raw.

## Ideas

**Blueberries** (Sodt's, Gibbs & Dexter Blueberry Farms) Eat them right out of the bag. Add them to pancakes, muffins, & cobblers. Drop them into hot oatmeal. See below for recipes for blueberry pancakes, muffins, and crisp.

**Peaches** (Karpou Farm) For the peach halves, you can remove the skins easily by running them under warm water, or leave them on for taste and fiber. Frozen peaches can be used to make great smoothies and desserts. They can also be used for savory sauces for meats, e.g. a ginger-peach sauce.

**Strawberries** (Gibbs & Donahee Farms) Eat them right out of the bag, or make shakes and smoothies. Add them to cobblers, pies and cheesecakes. Make a simple sauce & use it in salad dressings or as an ice cream or fruit salad topping.

**Corn-on-the-cob** (Angel Organic & Pleasant Lane Farm) Just heat, eat and enjoy! Thaw prior to cooking in boiling water or the microwave. Can also thaw and remove from cob with a knife or other corn cutter, use in recipes, salsas, salads, chowder and calabacitas (recipe below).

**Edamame** (Fry Farms) Japanese green soy beans are another great locally grown vegetable you can just heat and enjoy. Heat in boiling water and then cool and shell. For use in recipes that have additional cooking time, you can simply thaw and shell. Toss on salads, in soups and stir fries.

**Green beans** (Tantre, Pleasant Lane, & Coblenz Farms) Use in your favorite green bean recipes, just reduce cooking time. Green beans work well in stir fry, soups & casseroles. They pair well with garlic, lemon, butter, sesame, and smoked meats. You can roast them in a hot oven. You can even just thaw them and use them in a salad.

**Summer squash** (Tantre, Gardenworks, & Frog Holler Organic Farms) Locavorious summer squash is a mix of organic zucchini and yellow squash. It will have a softer texture than fresh zucchini & squash. Use it in casseroles, soups and veggie side dishes. See below for calabacitas, minestrone and pot pie recipes. It's best to eat frozen squash dishes right after cooking; they will lose color and flavor if left in the refrigerator.

**Peas** (Pleasant Lane, Rowe's and Joe's) Frozen peas are versatile, easy-to-use veggies. Cook them as a stand-alone dish; they pair well with mint, butter, lemon and pork flavors. Add them to soup, stir fries, rice dishes, and pasta dishes. Thaw and toss them on salad. Our first guest chef, Stacy Williams of WhatsCooking!, will share her recipe for salmon, peas & pasta on the website. My favorite ways to use frozen peas are in Thai green curry, fried rice, and with greens (recipe below).



## Recipes

### Blueberry Muffins

Adapted from "The Best Blueberry Muffins" in Muffins by Elizabeth Alston.

½ cup (1 stick) butter, at room temperature  
~¾ cup sugar  
2 large eggs  
1 tsp vanilla  
2 tsp baking powder  
¼ tsp salt  
1 cup all-purpose flour  
1 cup whole wheat flour  
½ cup milk  
2 cups frozen Locavorious blueberries  
Optional: 1 T sugar mixed with ¼ teas nutmeg

Heat oven to 375° F. Grease 12-muffin pan, or use foil baking cups.

Beat butter until creamy. Beat in the sugar until pale and fluffy. Beat in eggs, one at a time. Beat in vanilla, baking powder and salt.

Fold in half the flour with a spatula, then half the milk. Add remaining flour and milk. Quickly fold in the blueberries, still frozen. (Batter will start to get stiff quickly because of the large cold berries, but don't worry.)

Scoop batter into muffin cups. Sprinkle with nutmeg sugar if desired.

Bake 25-30 minutes, or until golden brown. Let muffins cool ~ 30 minutes in the pan before removing.

### Blueberry Pancakes

Chef Jeff's famous fabulous homemade blueberry pancakes. And I'm not biased at all. Really.

3 T butter  
1 ½ cups low fat buttermilk (or 3 T lemon juice in 1 ¼ cups of milk or vanilla soymilk)  
½ cup flour  
1 ½ cup whole wheat flour  
4 tsp baking powder  
3 T sugar  
¼ tsp salt  
2 eggs (or 2/3 cup eggbeaters)  
~ 1 cup frozen blueberries

Preheat griddle to 275° F.

In a small saucepan, melt butter on high. Remove from heat, add buttermilk. Combine and mix flours, baking powder, sugar and salt in a large bowl. Add eggs to buttermilk mixture. Coat griddle with cooking spray.

Combine buttermilk mixture with flour mixture until just wet. Drop ¼ cup of batter onto griddle for each pancake. Sprinkle each pancake with desired amount of blueberries. Cook on 1<sup>st</sup> side until golden brown (~4 minutes) then flip and cook other side.



### Blueberry Peach Crisp

A terrific Michigan summer dessert...a warm reminder of summer in the middle of the winter.

¾ cup brown sugar  
½ cup pecans, coarsely chopped  
½ cup flour  
½ cup rolled oats  
¼ tsp cinnamon, ¼ tsp ground ginger and ¼ tsp kosher salt  
Pinch baking powder  
¼ cup melted butter

~ 2 T flour  
1 T sugar  
1 tsp orange juice  
10 oz frozen blueberries – no need to thaw  
12 oz frozen peaches, chopped – lightly thawed and drained

Preheat oven to 350° F .

Make the crisp topping by mixing together the first 8 ingredients (brown sugar through baking powder.) Add melted butter and mix until crumbly. Set aside. Don't nibble too much.

Combine 2 T flour, sugar and juice in a large bowl. Add blueberries and peaches and toss to coat. Add more flour if too watery. Pour the fruit mixture into an 8 x 11 in baking pan coated with cooking spray.

Sprinkle oatmeal crisp mixture on top and bake until the fruit is bubbly and the topping is golden brown, about 40 minutes. Serve either hot or at room temperature.

### Peach Popover Brunch Cake

From Southern Living magazine.

4 large eggs, lightly beaten  
1 cup milk  
1 cup all-purpose flour  
1/4 tsp salt  
1/3 cup butter or margarine, melted  
3 T orange marmalade (or raspberry preserves)  
3 T butter or margarine  
1 T lemon juice  
1 package Locavorious frozen sliced peaches, thawed and drained  
1 cup frozen Locavorious blueberries, thawed

Place a well-greased 12-inch cast-iron skillet in a 425° oven for 5 minutes. Combine first 5 ingredients, stirring with a wire whisk until blended. Remove skillet from oven. Pour batter into hot skillet. Bake at 425° for 20 to 25 minutes. (This resembles a giant popover and will fall quickly after removing from oven.)

Combine marmalade, 3 T butter, and lemon juice in a saucepan; bring to a boil. Add peaches, and cook over medium heat, stirring constantly, 2 to 3 minutes. Spoon mixture on top of baked pancake. Sprinkle with blueberries



### Peach Cobbler-esque Dessert

Adapted from Nutrition Action Health Letter . Super healthy, super-fast.

- 12 oz Locavorious frozen peaches
- 1 cup low-fat muesli or granola cereal
- ¼ cup wheat flour
- ¼ cup brown sugar
- 2 T canola oil or melted butter

Thaw the peaches. (Can rub skins off halves of frozen peaches first if desired.) Mix together remaining ingredients with a fork to make a crumbly topping. Spray small baking dish with cooking spray. Spread out peaches in dish and sprinkle with topping. Broil 6-8" away from heat source for about 3-5 minutes or until topping is crisp.

### Smoothies: Peach-Banana or Strawberry-Banana

True locavores and Michivores cover your ears. If you happen to have overripe bananas around the house, peel them, cut them in 1/2 and throw them in the freezer. Then you are ready when the mood hits to make great fruit smoothies and milk shakes.

- 2 frozen ripe bananas, sliced
- 2 cups frozen peaches or strawberries
- 1 cup buttermilk (or yogurt, milk or vanilla soy milk. Ice cream would work too; it's not just for breakfast anymore.)
- 1/4 cup fresh orange juice
- 1 T honey

Put everything in the blender and process until smooth.

### Simple Strawberry Sauce

Adapted from Rachel Ray and Joy of Baking and others. This is a great sauce for ice cream, other desserts, pancakes, and salad dressing (my favorite use.)

- 12 oz frozen Locavorious strawberries
- 1 - 2 T brown or white sugar or honey
- 2 T lemon juice

Combine everything in a large saucepan and bring to a simmer over medium-low heat, stirring, until the sugar dissolves. Partially cover with a lid and simmer, stirring once or twice, for about 10 minutes. Let cool. Now you can use as is, or toss in a blender and blend until smooth. Use as is or strain to remove the seeds. Nice options: use balsamic vinegar or red wine vinegar instead of lemon juice.

**Strawberry Vinaigrette:** 3 T Strawberry Sauce, 3 T red wine vinegar, 2 T Dijon mustard, 1 tsp pure maple syrup, 2 T extra-virgin olive oil, salt and pepper. Wisk together in a small bowl, or put all ingredients in a jar and shake 'em up.



### Edamame

Boil some water in a med-large saucepan; toss in frozen edamame. Return to a boil. Cook for 2-6 minutes, depending upon your preference for firmness. Drain and sprinkle pods with sea salt or soy sauce. Serve warm or room temperature as a snack or appetizer. Open pods with fingers or teeth and eat the tasty green soy beans.

### Edamame with Mustard Vinaigrette

Adapted from Cooking Light, October 2002.

- 1 1/2 T red wine vinegar
- 1 T Dijon mustard
- 1/2 tsp sea salt
- 1 tsp extra-virgin olive oil
- 1 pound Locavorious frozen edamame
- 1/2 cup thinly sliced red onion
- 1/2 cup finely chopped celery
- 1 T chopped fresh parsley

Combine first 3 ingredients in a large bowl, stirring with a whisk. Add oil, stirring with a whisk until well combined.

Cook edamame in boiling water 4 minutes. Drain, cool and shell. Cook onion and celery in boiling water for 1 minute. Drain well. Add edamame, onion & celery to vinaigrette; toss well to coat. Stir in parsley. Chill 1 hour before serving.

### Locavorious Asian Winter Salad

A great use of leftover grilled chicken or fish. If you get to the Ann Arbor Farmers Market early, Brines Farm will have hoop house greens pretty much all winter long.

- ~ 1 cup sliced red peppers (fresh or thawed Locavorious frozen, or roasted red peppers will work.)
- ~ 1 cup cooked, shelled edamame (Boil edamame for 2-4 minutes; drain, cool & shell.)
- ~ 1 tsp sesame oil
- ~ 1 tsp soy sauce
- Grilled salmon or leftover roasted chicken
- Leaf lettuces or mixed greens
- Sesame or Asian vinaigrette dressing

Stir fry the red peppers and edamame in a little sesame (or vegetable) oil until just warmed. Add the soy sauce. Add the grilled salmon. Cook until just warmed. Arrange leaf lettuce on plates and top with the veggies and salmon. Sprinkle with vinaigrette.

Here are some vinaigrette options:

**Sesame vinaigrette** recipe from Nutrition Action Health Letter: Mix together 1 Tbs sesame seeds, 2 Tbs soy sauce, 1 Tbs rice wine vinegar or cider vinegar, 1 Tbs minced ginger, 1/3 cup apple sauce, 1 Tbs sesame oil, and 1/3 cup canola oil.

**Asian vinaigrette** recipe from Coastal Living: Mix together 1/4 cup minced red onion, 2 minced garlic cloves, 2 tsp sugar, 2 tsp grated fresh ginger, 1/4 cup rice wine vinegar, 1/4 cup peanut oil, 3 T soy sauce, and 2 1/2 T dark sesame oil.



### Broccoli Rabé and Pea Fricassee

From Fast Food My Way by Jacques Pépin. Isn't it fun to say "fricassee"? This dish is a great use of market fresh greens and Locavorious frozen peas. The first week of November I got a big bunch of broccoli rabe from Gardenworks and made this recipe. It reheats really well in the microwave too. The slightly bitter greens work really well with the sweet peas. Note: you do need a \*big\* skillet.

1 large bunch broccoli rabe (still available at the farmers market!) or other sturdy, spicy winter greens  
¼ cup good olive oil  
1/3 cup thinly sliced garlic (6-8 cloves or more)  
½ tsp crushed red pepper  
16 oz Locavorious frozen peas  
½ tsp salt

To make the rabe stems tender, you can peel them with a carrot peeler. Chop the rabe into ~ 2 ½ inch pieces, wash and drain in a colander.

Heat olive oil in a large skillet over high heat. Sauté the garlic and red pepper flakes in oil for ~ 30 seconds. Add about 1/3<sup>rd</sup> of the broccoli, still wet from washing, and stir so that the garlic flakes come to the top of the mixture. Add the rest of the rabe, cover and cook over high heat for about 5 minutes, or until it is tender. Add the peas and salt, and cook uncovered for 5 minutes longer, or until most of the moisture is gone and the peas are hot.

### Sichuan Green Beans

Adapted from Cooking Light, September 2008.

1 pound frozen Locavorious green beans  
1 T canola oil, divided  
1/4 cup chopped shallots  
1 1/2 T minced garlic  
1 T minced peeled fresh ginger  
1/2 tsp crushed red pepper  
1 T Chinese black vinegar or balsamic vinegar  
1 T low-sodium soy sauce  
1/2 tsp salt

Rinse green beans under cold running water to separate; drain. Pat dry with paper towels.

Heat a 14-inch wok or skillet over high heat. Add 1 1/2 tsps oil to wok, swirling to coat. Add green beans to wok; stir-fry 3 minutes or until browned. Spoon green beans into a bowl.

Add remaining 1 1/2 tsps oil to wok, swirling to coat. Add shallots, garlic, ginger, and crushed red pepper; stir-fry 15 seconds or just until garlic begins to brown. Return green beans to wok. Add vinegar, soy sauce, and salt to wok; toss to combine and heat.



### Pot Pie

Contributed by Locavorious member & [Eat Close to Home](#) blogger Emily Springfield. A great winter dinner option for vegetarians or omnivores.

- 2 T butter or oil
- 2 carrots, diced
- 1 onion, diced

Sauté 2-3 minutes until onion is softened.

Next, add:

- 2 T flour

Stir until it absorbs all the butter.

Stir in:

- 1-2 cup vegetable or chicken broth
- 1/2-1 cup milk (or rice or soy milk)

Simmer until very thick and smooth. Should be a little thinner than gravy, but not as soupy as broth.

When it's thick, add:

- 1 cup diced cooked chicken or 1 can chick peas,
- Drained frozen summer squash, peas, and/or green beans

Stir to coat, but don't heat through. Pour into a deep pie pan or other baking dish. Top with a pie crust (if you use a prepared frozen crust, let it thaw first). Cut slits in the crust. Bake at 400 degrees for 25-35 minutes until the crust is flaky and the filling is bubbly hot.

### Calabacitas

Locavorious members Jake Zindel and Wendy Robertson shared this simple and delicious recipe with me eons ago. The old, tattered copy they gave me appears to have come from a cookbook from Chimayó, New Mexico.

- 3-4 T corn or canola oil
- 16 oz Locavorious frozen summer squash (in the summer, use 4-6 medium squashes- zucchini and yellows)
- 1 medium white onion, chopped
- 2 cups corn kernels
- ½ cup chopped, roasted green chile (fresh, frozen or one of those little cans; New Mexico green or Anaheim peppers work best)
- 1-3 T water, or as needed
- ½ tsp salt
- Grated cheddar cheese (up to ~ ¾ cup, or omit for a vegan option)

In a large skillet, heat the oil and add the onion. Sauté over medium heat until it begins to soften. Add the squash; sauté until it starts to get hot. Add the corn, green chile, water and salt. Cook, covered, over low heat until very tender, about 15 to 20 minutes. Stir once in awhile. Another tablespoon or two of water can be added if the vegetables become too dry. Remove from heat and mix in the cheese if desired. Serve immediately.



### Michigan Minestrone

Adapted from Cooking Light's January 2008 Winter Minestrone and other recipes. Minestrone is a wonderful and flexible winter soup. Locavores get psyched - this recipe can be made with many local ingredients. It can be made vegetarian, vegan or omnivore style, too.

- 2 tsp olive oil
- 1/2 cup chopped onion
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 2 garlic cloves, minced
- 1 1/4 cups cubed peeled butternut squash (about 1 medium)
- 1/2 cup chopped carrot
- 1/2 cup diced fennel
- 1 cup water
- 1 (14-ounce) can or ~ 2 cups broth (vegetable or beef)
- 5 T tomato paste
- 1/4 cup uncooked small pasta, such as little tube shapes
- ~ 2 cups chopped frozen or fresh Swiss chard or greens
- 1-2 cups frozen Locavorious summer squash & zucchini
- 1 cup frozen Locavorious green beans
- 1-2 cups cooked or 1 can rinsed and drained Great Northern Beans
- 1/2 tsp freshly ground black pepper
- 2 T grated Asiago cheese

Heat oil in a Dutch oven over medium-high heat. Add onion, basil, oregano, and garlic to pan; sauté 5 minutes or until onion is tender. Add butternut squash, carrot and fennel; sauté 5 minutes. Stir in 1 cup water, broth, and tomato paste; bring to a boil. Reduce heat, and simmer 10 minutes or until vegetables are desired tenderness. Stir in pasta; cook 8 minutes, stirring occasionally. Add chard and summer squash; bring back to a low boil and cook 3 minutes. Add beans; cook 2 minutes or until thoroughly heated. Stir in pepper. Serve topped with cheese.